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IT'S TIME TO TALK ABOUT FOOD WASTE, EDMONTON

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KEVIN TUONG/FOR METRO

'For families and girls who lost their voices'

VALENTINE'S DAY EVENT

Edmonton women's memorial march necessary: Organizer



Matt Kieltyka
Metro | Edmonton

Twelve years on, and the founder of Edmonton's women's memorial march says the Valentine's Day event is more necessary than ever.

Danielle Boudreau organized the very first march — modelled after the one that began in Vancouver for Indigenous women — in honour of two of her friends who were killed more than a decade ago.

Her sister was then killed in a stabbing just weeks after the inaugural event.

Boudreau has been organizing the solemn marches ever since, joined by the family members of local women who have been murdered. Tuesday's event drew a crowd to the Sacred Heart Church on 96 Street before they walked

a route near the Boyle neighbourhood.

The events raise awareness "for the families and girls who lost their voices," Boudreau said.

"I used to live that high-risk lifestyle. I was hiding it and didn't let anyone know. All these labels were being thrown at these women. I saw those labels and didn't think I deserved to be killed or minimized because of them," said Boudreau.

Over the years, Boudreau said she has found comfort and support among the more than 200 people — of all races, orientations and genders who have experienced the kind of loss she has — that come out to the event every Feb. 14.

Unlike some others across the country, Boudreau said Edmonton's march is more reserved and inclusive. "It's like a memorial, like a funeral, almost," she said. "The main thing is that it's not an angry walk where people are yelling and screaming. We're there to memorialize and honour the women we've lost."

And while the walk isn't intended to be political, it does serve as a timely public reminder, she said. "I think (the march) needs to still be here."

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WEBSITES

Tracking incidents of hate



Matt Kieleyka
Metro | Vancouver

A new website is giving victims a safe place to document and track alleged hate incidents in Alberta.

Stophateab.ca was launched Monday by the Alberta Hate Crime Committee, a group that includes representatives from the justice sector, government and community organizations.

Committee member Irfan Chaudhry, a sociology instructor at MacEwan University, said the website's goal is to allow people to report their experiences, whether or not they are deemed a crime.

"If you experience something that was motivated by hate or bias towards you, there is a space for people to at least document those incidents," Chaudhry told Metro.

Chaudhry said victims should still report hate incidents to police, but pointed out people are often left frustrated by the process.

"Police will take the report and, as they do their investigation, find that, yes, something did happen based on someone's bias toward a certain group," he explained. "But because no crime had occurred, they're limited in their ability to get involved."

TOWER PROJECT

Debate spurs push for 'no net loss' of river valley

If council sells off river valley parkland in The Quarters near 96 Street for an 80-storey tower, conservation groups say they should add new parkland.

Sierra Club representative Charlie Richmond raised the idea of "no net loss." The concept would see the proceeds from the sale go toward improving the park system.

Harvey Voogd with the North Saskatchewan River Valley Conservation Society said one-third of the property taxes generated should go into protecting river valley lands. JEREMY SIMES/METRO

'Conditions horrible,' say MacDonald Lofts residents

APARTMENTS

Tenants face long wait for new affordable housing units



Jeremy Simes
Metro | Edmonton

Rena Ostertag remembers being woken up in the middle of the night by a cockroach skittering across her face.

"It freaked me out. The conditions are horrible," Ostertag

said Tuesday of her home in MacDonald Lofts, a subsidized apartment building near Rogers Place.

"I've never seen that — the cockroaches. They're in the walls. They're everywhere."

Alberta Health Services (AHS) confirmed Monday the former owners and managers of the building are facing 377 charges for failing to comply with health orders.

The building came under scrutiny last summer when AHS declared six units unsafe for human habitation.

"The property management's lack of responsive actions created a direct and avoid-

able risk to the health of the tenants in the building," AHS spokesperson Kerry Williamson said in an email Monday.

Ostertag is glad someone has taken notice of the building's terrible shape. She said conditions took a turn for the worst about five years ago.

"Ever since then, the building was allowed to get run down," she alleged. "No cleaning, no up-keep, no mainten-

ance."

The 87-unit property was purchased in November by ICE District Joint Venture, who are not facing charges. The company, part of the Katz group, said they intend to renovate.

But that won't help residents like Ostertag.

Management asked residents in late January to find other accommodations, and they are expected to move out once re-

pairs begin.

When that happens, they will likely face a massive wait list for affordable housing units in Edmonton.

In fact, there are about 20,000 people looking for subsidized homes, Capital Region Housing CEO Greg Dewling told Metro in November.

"Demand has almost quadrupled in the last two-and-a-half to three years," Dewling said. "But there is still time to plan."

Ostertag said she believes she has enough time to find new accommodations.

"I hope to get a house," she said.



I've never seen that — the cockroaches. They're in the walls. They're everywhere.

Rena Ostertag



Rena Ostertag speaks out about the conditions at MacDonald Lofts. JEREMY SIMES/METRO

COURT PAPERS

Court documents obtained by Metro paint a grim picture of the living situation at MacDonald Lofts.

The former owners and managers of the subsidized apartment building are facing 377 charges for allegedly failing to comply with health orders.

The documents, obtained Tuesday, allege that dead bed bugs were found in dryer vents, which were clogged with lint, posing a fire hazard. Cockroaches were also found crawling in numerous units.

Other issues include holes in walls, ripped flooring, rotting ceilings, missing window screens and leaking pipes.

The people and businesses facing charges include Calgary-based Mac Lofts Capital Corp. and Paragon Properties Ltd., which is headed by Abby and Norman Steinberg; Sandy Bautz; Dave Martyschuk and others involved in the building's management, including Brad Kamal, and Mubi Dharshi.

Numbered company 10807675 Alberta Ltd. also faces charges.

FOOD

Households wasting more than they think

Matt Kieltyka
Metro | Vancouver

Surprise Edmontonians, you're part of the food waste problem.

A recent study done by the University of Alberta and the city found that many people aren't aware how much they're contributing to the 170,000 tonnes of food Canadians are wasting every year.

Last summer, Amanda Evans — a graduate student of the school's Sustainability Scholar program — conducted 320 door-step surveys, 64 long-form interviews, 26 waste

audits and had 32 households in Edmonton track their food waste habits for a week.

While the surveys found that 79 per cent of people acknowledged food waste is an issue in Canada, 84 per cent of respondents believed they threw out a "below average" or "very little" amount of food.

But that perception didn't match reality when it came time for the waste audits and diaries.

"What we found in the audits was that participants, on average, had about five kilograms of food-related waste in their black bag garbage. Everyone was in that middling range," Evans told Metro.

"We did the rough math on that and it equals about 13 bags of garbage annually."

In fact, food waste (mostly leftovers and produce) accounted for 27 per cent of all black bag garbage produced by participant households.

Because residents throw out small quantities of food at a time, Evans said many were surprised to learn just how much food they were actually

throwing out.

She said the results serve as a good reminder to all residents. "I think that is one of the takeaways, just to be more mindful of it and be aware of how leftovers and over-purchasing produce can lead to increased amounts of food waste," Evans said, "because it does have impacts socially, environmentally and economically that affect us all."

79

Percentage of Edmontonians who acknowledge food waste is an issue.

IN BRIEF

Troops prepare to leave for Ukraine amid uncertainty over mission's future

Some 200 soldiers from Edmonton are preparing to deploy to Ukraine — though with everyone waiting to see whether the mission there will be extended, exactly how long they will be staying is anyone's guess.

Canada, Britain and the United States have had military trainers in Ukraine since the summer of 2015, after Russia annexed Crimea

and began supporting separatist forces in Ukraine's Donbass region.

The Canadians have taught about 2,600 Ukrainian troops the basics of soldiering. Ukrainian and Canadian officials say those skills have been desperately needed given the amount of support Russia has provided to the rebels operating in the Donbass. The conflict in eastern Ukraine has claimed close to 10,000 lives since April 2014. THE CANADIAN PRESS



Kayla Atkey with the Campaign for a Smoke-Free Alberta. CONTRIBUTED

Group demands hike on price of cigarettes

HEALTH

Anti-smoking campaign calls for \$1.50 raise on 20-pack

Kevin Maimann
Metro | Edmonton

Alberta smokers should cough up a little more cash, according to one advocacy group.

The Campaign for a Smoke-Free Alberta is calling for a \$1.50 hike on a pack of 20 cigarettes, as part of a broader push to fund

more smoking reduction measures. "Tobacco taxes are one of the most effective strategies for overall tobacco reduction," said Kayla Atkey, a member of the campaign and policy analyst with the Alberta Policy Coalition for Chronic Disease Prevention. "I think the key thing here is we are saying that a portion of tobacco taxes should really be invested in strategies to prevent tobacco use, and also to help tobacco users quit."

The campaign conducted a poll of 1,005 Albertans in January through Leger Research and found 68 per cent of respondents supported the hike. The group is also calling for an add-

Tobacco taxes are one of the most effective strategies for overall tobacco reduction.

Kayla Atkey

ed \$20-million investment into reduction strategies, after the same poll also showed 75 per cent of respondents agreed that the Alberta government should reinvest a portion of its tobacco tax revenue.

Strategies that would get more funds under the plan could include mass media campaigns, community grants, and school and youth-led engagement initiatives to keep kids from taking up smoking.

In an email, Alberta Health press secretary Timothy Wilson noted the province raised tobacco taxes in 2015 by \$5 a carton and banned flavoured tobacco, including menthol cigarettes.

"While we are not looking at more revenue levers at this time, the government will continue to work with all of our partners to support the downward trend in smoking rates for Albertans," he wrote.

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'Great harm was done': Judge

SIXTIES SCOOP

Court sides with survivors in groundbreaking decision

After trying for eight years to have a class-action lawsuit brought by Ontario survivors of the '60s Scoop thrown out, the federal government was dealt a blow Tuesday in a stinging ruling by a Toronto judge who found in the survivors' favour.

The government had a "common law duty of care" to take reasonable steps to prevent on-reserve children from losing their Indigenous identity after they were removed and placed in non-Indigenous care between 1965 and 1984, concluded Superior Court Justice Edward Belobaba.

"Canada breached this common law duty of care," the judge said.

It's believed there are at least 16,000 survivors of the '60s Scoop in Ontario, who have spoken of psychological harm as a result of the loss of their cultural identity, which



Beaverhouse First Nation Chief Marcia Brown Martel is the lead plaintiff in an Ontario class-action suit. A judge ruled Tuesday in favour of 16,000 Indigenous Ontarians who were removed from their communities in the Sixties Scoop. THE CANADIAN PRESS

has affected them throughout adulthood.

"The Sixties Scoop happened and great harm was

done," Belobaba wrote in his 20-page ruling.

"The uncontroverted evidence of the plaintiff's ex-

perts is that the loss of their aboriginal identity left the children fundamentally disoriented, with a reduced ability

to lead healthy and fulfilling lives. The loss of aboriginal identity resulted in psychiatric disorders, substance abuse,

unemployment, violence and numerous suicides."

The victory — the first for a '60s Scoop lawsuit in Canada — after years of legal wrangling was hailed by the plaintiffs and Indigenous rights groups, who acknowledged this is not the end of the case.

The next phase is to assess the damages the government owes the plaintiffs, who were asking for \$1.3 billion. Indigenous Affairs Minister Carolyn Bennett, who said the government will not appeal Belobaba's ruling, said Tuesday she wants to get all parties to the table as quickly as possible.

The lead plaintiff, Marcia Brown Martel, 53, a member of the Temagami First Nation near Kirkland Lake, Ont., was adopted by a non-aboriginal couple in 1972 at age nine.

She later discovered the Canadian government had declared her original identity dead.

"I feel like a great weight has been lifted from my heart," Brown Martel said. "Our pain was acknowledged."

TORSTAR NEWS SERVICE
AND THE CANADIAN PRESS

IMMIGRATION

Goodale and U.S. counterpart to talk border 'issues'

Public Safety Minister Ralph Goodale says he will soon talk face-to-face with his U.S. counterpart about the difficulties some Canadians are experiencing at the border.

Goodale said Tuesday he will have a chance in coming weeks - no date has been set - to discuss any border "issues or tensions" with Homeland Security Secretary John Kelly.

"We're working on the scheduling of that," Goodale said after a cabinet meeting. "The atmosphere in terms of

the preliminary relationship seems to be very, very good."

The Nexus trusted-traveller cards of about 200 Canadian permanent residents were suddenly cancelled after President Donald Trump issued an executive immigration order banning visitors from seven largely Muslim countries.

There have been several



Public Safety Minister Ralph Goodale

recent reports about minorities being turned away at the U.S. border. At the same time, Manitoba is grappling with an influx of would-be refugees crossing at remote border points in bitterly cold weather.

Goodale was briefed on the refugee issue Tuesday by RCMP Commissioner Bob Paulson and Canada Border

Services Agency president John Ossowski.

"They're redeploying resources to make sure that they've got the right people at the right place to be able to cope with these matters," Goodale said.

The border issues have threatened to overshadow progress Canada made this week in Washington on plans for cargo preclearance to speed up trade as well as more extensive co-operation on fending off cyberthreats.

Goodale was among the ministers who accompanied Prime Minister Justin Trudeau on his first visit with Trump.

Canada and the U.S. agreed to move ahead with preclearance of cargo, which allows for the examination of shipments by the destination country at special sites inside the territory of the departure country. The idea is to benefit travellers and trade by reducing congestion and delays at the border.

THE CANADIAN PRESS

EDUCATION

Liberals write off \$178M in loans

The federal government for the second year in a row is writing off millions in student loans it will never collect, this time to the tune of \$178.4 million.

The money represents 32,554 loans that federal officials believe they will never be able to collect, either because a debtor may have filed for bankruptcy, the debt itself has passed a six-year legal limit on collection, or the debtor can't be found.

Last year, the government wrote off 33,967 loans totalling \$176 million. Federal officials have increased their efforts in recent years to collect outstanding student loans after watching write-offs hit \$312 million in 2012 and \$295 million in 2015.

The Liberals' first budget offered a new tool for the Canada Revenue Agency in its collection efforts: legal changes allowing it to use tax information for the purpose of collecting debts from the student loan program overseen by Employment and Social Development Canada.

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The Beaver Dams Trail at Grundy Lake Provincial Park in Ontario is special to me because I was just starting to be interested in photography and I really got to experiment. The bridge picture was my proudest moment and still hangs in my dining room. It inspired me to do more. **Rebecca Karton**

Women planning next move

As Samia Assed watched election returns come in with her children and another Muslim family, she panicked when it became clear that Donald Trump would win the presidency. The Palestinian-American woman wondered if they would have to register as Muslims, as Trump said during his campaign. Would she be barred from wearing her hijab in public?

Assed has turned her fears into action, joining what advocacy groups say are hundreds, possibly thousands of women of colour, who are exploring making a run for public office. Across the country, women are gathering signatures, attending workshops, and signing up for fundraising and public speaking classes as they set their eyes on school board seats, city councils, state offices, and even Congress.

Just how many women of colour will actually seek office is anyone's guess. Advocacy groups say it's too early to determine how many women will formally file papers, but they believe the number could triple. Some are deciding on what position to seek, while others are waiting for 2018 or 2019, advocates said.

VoteRunLead director Erin Vilardi said the group has seen a jump in the number of women interested in politics. The New York-based group typically draws 50 to 100 participants for webinars like "From Protester to Politician." But since November, the webinars have attracted more than 1,000 participants each time, Vilardi said. And about half of those signing up are women of colour.

THE ASSOCIATED PRESS

A White House filled with drama

POLITICS

President Trump has lots of problems, but Canada isn't one

Prime Minister Justin Trudeau has assured his U.S. counterpart over the phone that there might be 10,000 problems that land on his White House desk — and Canada won't be among them.

How true that promise rang Tuesday. Trudeau had barely left Washington and the cheer of a drama-free day was swiftly overshadowed by an incoming storm of palace intrigue, backstabbing, leaks, international incidents and a spying scandal that rocked Donald Trump's White House.

Trump's national security adviser Michael Flynn wandered in to watch the Trudeau-Trump news conference. It made for an awkward scene, as, just a few feet away, a U.S. journalist was chatting on air about whether Flynn might be fired.

He was, hours later.

Less than 24 hours later, at another news conference, Trump's spokesman was asked why Flynn



National Security Adviser Michael Flynn has left his position in the Trump administration.

THE ASSOCIATED PRESS

was fired. Sean Spicer said it was because the former military man and campaign surrogate had misled the president about his phone calls.

"The evolving and eroding level of trust as a result of this situation and a series of other questionable instances is what led the president to ask for Gen. Flynn's resignation," Spicer said. Several media outlets were

tipped off about the existence of transcripts of Flynn-Russia phone calls, intercepted by U.S. intelligence. It's just one of several high-level calls leaked to journalists recently.

There are demands for a full investigation into the administration's interactions with the Russian government — Democrats want one and the idea is gaining support among Republicans.

Trump, meanwhile, tweeted: "The real story here is why are there so many illegal leaks coming out of Washington? Will these leaks be happening as I deal on (North) Korea?"

Speaking of North Korea, the nuclear-armed nation produced two surprises this week. The first was its latest missile test — as Trump spent the weekend with the leader of North Korean nem-

+ LATEST NEWS

President Donald Trump was told in late January that his top national security aide had misled his vice-president, three weeks before Trump ousted adviser Michael Flynn amid a swirling public controversy over Flynn's contacts with a Russian official, said press secretary Sean Spicer on Tuesday.

esis Japan.

Then the half-brother of North Korean leader Kim Jong Un was assassinated at an airport in Malaysia. As he died, he told medical workers he'd been attacked with a chemical spray, an official there said.

International tensions didn't end there.

Russia reportedly tested a new cruise missile despite U.S. complaints that it violated a landmark 1987 arms treaty. With respect to Russia, Spicer told Tuesday's briefing that U.S. policy hasn't changed — sanctions will remain and Russia should return Crimea to Ukraine.

THE ASSOCIATED PRESS

Canadian Prime Minister Joe Trudeau visits — wait, what?

Donald Trump's press secretary, Sean Spicer, had a lot on his mind at the start of his daily briefing on Tuesday. Which may or may not explain what he called Canada's prime minister.

Joe.

Spicer used much of his opening statement to explain the forced resignation of Trump's

national security adviser, Michael Flynn. Before he let reporters begin grilling him on the Flynn fiasco, he found a bit of time to mention Trump's Monday meeting with Justin Trudeau.

"Yesterday the president set — had an incredibly productive set of meetings and discussions with Prime Minister Joe Trudeau

of Canada," he said, "focusing on our shared commitment to close co-operation in addressing both the challenges facing our two countries and the problems throughout the world. Our countries share a profound economic interest, with more than \$2 billion in two-way trade flowing across our border every day."

It was not immediately clear if Spicer is familiar with the Molson ads featuring a Joe from Canada.

Spicer has faced mockery for his slips of the tongue, deliberate deceit and attacks on the reporters asking him questions.

Trump's chaos-plagued young administration has been struggling with basic tasks like identi-

fying foreign leaders correctly. It has called United Kingdom Prime Minister Theresa May "Teresa," called the president of Colombia the president of "Columbia," and called the prime minister of Australia the president of Australia.

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JESSICA ALLEN ON SOLIDARITY SISTERS



It's good to see conflict in feminism as it strives to include women across race and class. It means it's breathing, alive, and thriving.

On Sunday night, the eve of Valentine's Day no less, Adele told the world her Album of the Year Grammy should've gone to Beyoncé. And then, as if the universe was steered by the forces of sisterhood, the top of the trophy popped off, leaving a piece for each.

It was a shining moment of female friendship. A gesture of solidarity between powerful female voices, Bey's mouthed words to Adele echoing into the era: "I love you."

It was amazing to see undercurrents that sometimes splinter the movement — questions of race and power, who gets included or excluded and why — seemed to melt away.

It was almost enough to make you forget that the institution representing power in the music industry gave the biggest award of the year to a white woman, again.

That beautiful moment also reminded us that though female friendship is a powerful short-hand for solidarity, this stuff is complicated. Really complicated.

Meanwhile, over at HBO, the season premiere of *Girls* illuminated the seedier side of female relationships.

Hannah Horvath, played by show creator Lena Dunham, lands a column in the *New York Times* by mining the pain generated by her best friend hooking up with her ex.

The byline leads to a meeting with the editor of the *SlagMag*: "We're basically hiring you for your

landed a new marketing job and is eager to network at an event hosted by WEMUN, Women Entrepre-



The forces of female friendship split Adele's Grammy, so a piece could rightfully go to Beyoncé, Jessica Allen writes. GETTY IMAGES

look, your vibe and your shape. Just your whole thing," the editor, played by Chelsea Peretti, says. It is something Hannah's always wanted to hear.

She's sent on an assignment sold as "stupid and rad." She must infiltrate a surf school in the Hamptons attended by rich women, whom she will pick apart in print.

In a single scene, a woman slaps a scarlet "A" on her one-time friend while the editor reduces Hannah to a caricature and pays her to do the same to other women.

The second episode, which airs this Sunday, delves further into the complicated, sometimes volatile interactions between women. Shoshanna, played by Zosia Mamet, has

neurs Meet Up Now.

It's a chance for "amazing business women" to connect and talk about how to "synergize and mobilize."

Jessa, lost professionally and personally, tags along, functioning as the audience's Greek choir, asking Shosh why she wants to surround herself with this brand of woman, especially with membership fees at \$2,000.

"Whether it's how to rock a romper at a work event or who you should be voting for, a WEMUN woman is the person to ask," a co-founder tells the group. "Is it open for trans women? The answer is we don't know, OK?"

Not just a great punch line, that "we don't know" was refreshing. Having

the courage to say "I don't know" when dealing with something as complex as the power of half the planet is hell of a lot better than the mission statement demanded by some after the Women's March on Washington.

Remember when Gloria Steinem and Madeleine Albright, two towering figures of feminism, told progressive young women who to vote for? Now that a man who has a public record of demeaning women is president of the U.S., this infighting over what some might consider minutiae of feminism, seems quaint.

The thorny problem here: feminism, which at its most basic means equal opportunities for women in every sphere, doesn't mean that 3.5 billion people have to agree with each other. Equality and liberty mean very different things, which is why the French made sure to include both words in their national motto.

It's good to see conflicts in the feminist movement as it strives to include women across race and class. It means it's breathing, alive, and thriving.

We are not going to agree on everything, which is why *Girls*, a show about four millennial white women living in Brooklyn is so good: it revels in the mess.

Though Hannah does express a sentiment that transcends all boundaries: "I definitely feel more like a dumpling than a woman," she said. Welcome to the club.

Jessica Allen is the digital correspondent on CTV's *The Social*.

VICKY MOCHAMA

Don't bother asking the liar-in-chief for any answers on Flynn

With the late-night resignation of Donald Trump's national security adviser Michael Flynn, the question has to be asked: What did the president know and when did he know it?

The more important question for me, however, is: Are we all talking about the same president? And are we asking about what he knows? If they hadn't made him move house, I would doubt he was aware that he was actually president.

I'm not entirely certain he has read the American Constitution.

He can't have, because he would have thought long and hard (for him) before surrounding himself with opportunistic billionaires and Mike Pence while the 25th amendment still exists.

(Section 4 of the 25th Amendment allows a majority of the cabinet to declare the president unfit to serve. It also elevates the vice-president to the presidency.)

The one thing we can be certain of is that whenever Donald Trump was told A Thing is an entirely different moment from when he actually knew That Thing. Which is, in turn, a different event from when he will ultimately, and needlessly, lie about it.

After all, this is the administration that has introduced the world to "alternative facts."

In this way, Trump is an inspiring leader. You can see his on-again-off-again relationship with the truth all over his administration. At Tuesday morning's briefing, White

House Press Secretary Sean Spicer called our prime minister "Joe Trudeau." Maybe it was an accident, but the visit happened 24 hours ago. How hard is it to not screw up your guest's name?

Comically-innocent errors have been few and far between. Everything else is far more dangerous.

The promise to repeal and replace the Affordable Care Act looks poised to just be a repeal. "Draining the swamp" has included putting billionaires from Goldman Sachs and ExxonMobil in the cabinet.

From the wild manipulations of adviser Kellyanne Conway to the mendacity of Spicer to the alleged threats from Omarosa Manigault, the staff are clearly taking their cues from the top.

Aside from the actual access he has to nuclear weapons, the daily danger that Trump possesses is that of a clueless white man speaking loudly on things he knows nothing about. This is an archetype who, when questioned, will lie and obfuscate.

As reported last summer in the *Washington Post*, in a 2007 deposition lawyers caught Trump in a lie 30 times. Try lying 30 times at your job today. They'll either make you CEO or show you the door. (Don't tell them I sent you; I take no responsibility.)

In this alternate reality we're living, the question should be asked: What did Trump voters know and when did they know it?

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This stuff is complicated. Really complicated.



Heartwarming winter soul food

Now's the time when a lot of Canadians wish they could bid winter farewell forever. But with these three heartwarming recipes, not only will you enjoy a toasty afternoon in the kitchen, you'll be able to savour all the comforting results throughout the week... **RICARDO LARRIVÉE** TORSTAR NEWS SERVICE

Spice-rubbed Pork Chops

Makes 4 servings.

You wouldn't think that a recipe that requires just 10 minutes of prep could yield such remarkable results, but that's the thing with pork chops: They're fast and delicious. This recipe pairs them with a brown sugar rub filled with the five-alarm fragrance of chili powder, black pepper, cumin and garlic, which caramelizes into the most delectable crust. This recipe will wind up on your regular roster.

Ingredients:

- 1 tbsp coarse salt
- 1 tbsp brown sugar
- 1 tsp chili powder
- 1/2 tsp ground black pepper
- 1/2 tsp ground cumin seeds
- 1/4 tsp garlic powder
- 4 bone-in pork chops, 1 inch (2.5 cm) thick, trimmed

Directions:

1. In a bowl, combine all the ingredients, except for the pork chops. Place the meat on a plate. Coat and rub with the spice mixture. Cover and refrigerate for at least 2 hours or overnight.
2. Preheat the grill, setting the burners to medium-high. Oil the grate.
3. Grill the pork chops for 4 to 5 minutes on each side for medium-rare doneness. Let

rest for 5 minutes. If desired, garnish with chopped celery leaves.

Beef and Leek Confit Open-Faced Sandwich

Makes 4 servings.

The linchpin component here is the leek confit, which sounds fancy but is easy as pie to make: It's simply seasoned leeks baked for 40 minutes in cream and butter. Served over crusty country bread and topped with hot mustard, cheese, arugula and thinly sliced flank steak, it makes for a simple but memorable meal.

Ingredients:

For leeks:

- 2 leeks, cut into pieces 1 1/4 inches (3 cm) thick
- 1/4 cup (60 mL) 35 per cent heavy cream
- 1/4 cup (55 g) cold butter, cubed
- Salt and pepper, to taste

For beef:

- 1 flank steak or beef strip loin, about 1 lb (450 g)
- 2 tbsp (30 mL) olive oil

For sandwiches:

- 4 slices country bread
- 2 tbsp (30 mL) Dijon mustard
- 8 oz (200 g) firm cheese (Marechal, Comté, Gruyère), cut into 4 slices
- 1 cup (25 g) baby arugula
- Pepper, to taste



Directions:

1. To make the leek confit, with the rack in middle position preheat the oven to 400F/200C. In a baking dish, spread the leeks in an even layer and cover with the cream and butter. Season with salt and pepper. Cover and bake for 40 minutes. Uncover and continue baking for about 5 minutes. Set aside.
2. Meanwhile, to prepare the beef, heat oil in skillet over medium heat. Add meat and

brown on both sides until desired doneness. Set aside on a plate and let rest for about 15 minutes. Thinly slice the meat.

3. To make the sandwiches, move oven rack to highest position and preheat broiler. Place bread slices on a baking sheet. Spread with mustard and cover with cheese. Broil for about 5 minutes or until cheese is melted and bread begins to toast. Garnish with sliced beef, leeks, and arugula. Generously season.



Cheddar and Broccoli Soup

Makes 4 servings.

Broccoli is a hard sell for some kids, but not in this recipe, which includes so many other favourite flavours: cheddar cheese, cream, chicken broth, even ham! The result is a hearty soup that's creamy, salty and smoky, and the embodiment of comfort food. Make a double batch and

you'll have enough to warm your soul every day this week.

Ingredients:

- 1 shallot, finely chopped
- 1 clove garlic, finely chopped
- 3 tbsp (40 g) butter
- 4 thin slices ham, finely chopped
- 1/4 cup (40 g) unbleached all-purpose flour
- 1 pinch ground nutmeg
- 3 1/2 cups (875 mL) chicken broth
- 1/2 cup (125 mL) 35 per cent heavy cream or 15 per cent cooking cream
- 1 tsp (5 mL) whole-grain mustard
- 2 1/2 cups (225 g) grated mild orange cheddar cheese
- 4 cups (1 L) cooked broccoli florets

Directions:

1. In a saucepan over medium heat, soften shallot and garlic in butter. Add ham and cook for 2 minutes. Sprinkle with flour and nutmeg and cook for 1 minute, stirring constantly. Add broth, cream and mustard. Bring to a boil over medium heat, stirring with a whisk.
2. Simmer gently for about 5 minutes. Remove from heat and stir in cheese until it is melted completely. Add broccoli and heat through, without boiling. Lightly season with salt and pepper. Transfer to serving bowls.



"I lost 145 pounds and I'm off my diabetes medication. The YMCA has given me back my life."

Jamie, now a YMCA personal trainer and fitness instructor



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*Offer expires February 28, 2017. Some conditions apply. Amenities vary by location.

LIQUID ASSETS PETER ROCKWELL

For drinkers of my vintage our first taste of port came out of a big bottle worth about what we now consider bus fare. It wasn't made in

Any port in a storm? Not quite, get the real thing

Portugal, far from it, and Portuguese winemakers spent years seething over the use and abuse of the name of their signature liquid output by a multitude of foreign countries.

In 2013 Canadian vineyards agreed to stop using the term port to describe their fortified wines; choosing instead to go with the less geographically specific term tawny. (Just to add a bit of confusion, tawny is also used in Portugal to describe a variety of aged wines).

While my generation still struggles with the



changeover, millennial-aged consumers only see port as Portuguese. Falling in love with all the sublime personalities the real stuff offers.

If you're looking to discover (or re-discover) Portuguese port, Warre's Otima 10-Year-Old Tawny (500ml, \$21.95-\$26.99) is a super-smooth aged version with round caramel and soft, nutty flavours that drinks well chilled or at room temperature.

Prices reflect the range across the country. Some products may not be available in all provinces.

FOOD BANKS GROW THEIR OWN WAY

Shortages spurring action

In a bid to make up for a shortfall of high-quality nutritious food, some Canadian food banks are growing their own — and even farming fish.

The Mississauga Food Bank recently launched AquaGrow Farms, where tilapia is being raised in tanks and lettuce is

raised through hydroponics, or without soil. Executive director Christopher Hatch said the Ontario food bank is the first in Canada to be producing its own fish.

"It's not a complete solution, but it's certainly in the right direction and it shows the community we're thinking

creatively about how to solve this problem," said Hatch.

Clients of a food bank depot in Surrey, B.C., part of metro Vancouver, will also be the recipients of leafy salad greens, thanks to hydroponic growing walls donated by Living Garden Foods.

THE CANADIAN PRESS



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Just how salty is your soup?

Watch out if you're warming up this winter with a hearty bowl of soup.

PICK THIS

Panera Low-Fat Vegetarian Garden Vegetable Soup with Pesto

Calories 120
Fat 3.5g
Sodium 1100mg



SKIP THIS

Panera Low-Fat Vegetarian Garden Vegetable Soup with Pesto in a Bread Bowl

Calories 740
Fat 5g
Sodium 2090mg



HERE'S WHY

Equivalent in sodium to 219 Rold Gold Classic Style Pretzel Sticks.



Soup is the ultimate comfort food during the frigid months of winter. A low-fat, veggie-based soup is a simple way to have a healthy part of your meal, but serving it in large bread bowl will sink you nutritionally. The bread bowl is equivalent to 6 slices of bread. This gives you an unnecessary addition of over 6 times the calories and almost double the sodium. Don't eat your bowl! Get a small whole grain roll on the side if you're craving carbs.

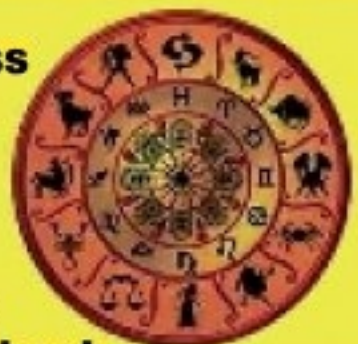
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JOHANNA SCHNELLER WHAT I'M WATCHING

Sugar flowing a little too freely in Riverdale

THE SHOW: Riverdale, Season 1, Episode 2 (Netflix)
THE MOMENT: The pep rally

A student has died, but the pep rally goes on, led by the dead student's twin, Cheryl Blossom (Madelaine Petsch), queen beyotch. Archie (K.J. Apa), a hunky football star, spies his estranged emo pal Jughead (Cole Sprouse) by the bleachers.

"I didn't mean all that crap I said to you," Archie says. "I'm sorry."

"It's cool," Jughead shrugs. Then he grins. "We're not gonna hug in front of this whole town. So why don't we just do that bro thing where we nod like douches and mutually suppress our emotions."

Josie (Ashleigh Murray) and the Pussycats, a trio who wear cat ears, begin singing, "Baby want your sugar I'm ready to get served," and then segue into a hip hop version of Sugar, Sugar. The marching band and cheerleaders — including Betty and Veronica (Lili Reinhart and Camila Mendes) join in. I think this moody, self-ref-



K.J. Apa is Archie and Lili Reinhart is Betty in Riverdale, a darker version of the comic book series Archie. NETFLIX CANADA

erential take on the classic comic book series is in on the joke — that it's both homage to and send-up of self-serious, pre-Golden Age TV dramas.

I called it Twin Peaks 90210 before I even knew that a star of the former, Madchen Amick, plays Betty's mom, and a star of the latter, Luke Perry, plays Archie's dad.

But despite all the knowing updates — Betty's bestie is gay, Moose is a jock-in-the-closet,

and people say things like "Can't we in this post-James-Franco era liberate ourselves from the tired jock/artist dichotomy?" — I still think this is an adult's idea of teenagers. No kid today cares about the in-joke references, and nothing can make Sugar, Sugar cool.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

FILM BRIEFS

Cineplex's Stewart tribute

Cineplex will honour the late Canadian filmmaker Rob Stewart by hosting screenings of his documentary Sharkwater in support of charity at select theatres next week.

Sharkwater — A Tribute to Rob Stewart events will be held on Feb. 25 in Vancouver, Victoria, Nanaimo, B.C., Calgary, Edmonton, Winnipeg, Toronto, Hamilton, Ottawa, Oakville, Ont., London, Ont., Windsor, Ont., Montreal, Halifax, Charlottetown and St. John's, N.L.

Free tickets will be available at the box office of participating theatres in exchange for a donation to WWF-Canada, with all funds to be directed toward continuing the work of the late Toronto conservationist.

Sharkwater debuted at the Toronto International Film Festival in 2006 and went on to become a hit with critics and audiences.

Stewart's body was recovered on Feb. 3 days after he went missing off the coast of Florida where he had been scuba diving with friends. He had been in Florida filming Sharkwater followup Sharkwater Extinction. THE CANADIAN PRESS



CONTRIBUTED

More ways to earn your MBA without pausing your career

One of Thompson Rivers University's (TRU) key values is accessibility. It is a principle, says the school's director of graduate business programs, that makes its master of business administration (MBA) program one of Canada's most flexible.

"The traditional full-time format doesn't work for every student," says Victoria Martin. "Some are unable to or don't want to pause their careers for up to two years, some have other commitments and some live in remote areas without a local university. That's why we offer such flexible study options."

TRU, while facilitating traditional full-time and part-time MBA formats, also offers an accelerated one-year alternative (allowing those with an acceptable undergraduate degree in business or commerce to enter directly into the second year of the full-time program), a fully online option and a blended online-in-person learning delivery.

"Our online option attracts working professionals, who find the flexibility enables them to achieve their goals while maintaining their careers," says Martin. "Our on-campus program typically attracts slightly younger students who see a strong value in the network-building aspects and enhanced extracurricular activities of the face-to-face experience."

Delivery isn't the only choice TRU MBA students make. The school also offers a course-based or research-based comple-

tion option. Martin says in the course-based MBA, students complete four courses in advanced topics such as innovation and entrepreneurship and decision analysis and modelling. In the research-based completion option, meanwhile, students complete a thesis or a graduate project.

"Ours is a general MBA, designed to provide graduates with a set of skills that is transferable to any type of role, organization or industry," she says. "We recognize most of us will change careers several times during our working life and we want our graduates to be well equipped for any path they choose."

**WE WANT
OUR GRADUATES
TO BE WELL EQUIPPED
FOR ANY PATH
THEY CHOOSE**

*– Victoria Martin, TRU director
of graduate business programs*

TRU's School of Business and Economics has also been innovative in its development of other graduate programs. In September, it will launch two master's degrees in environmental economics and management.

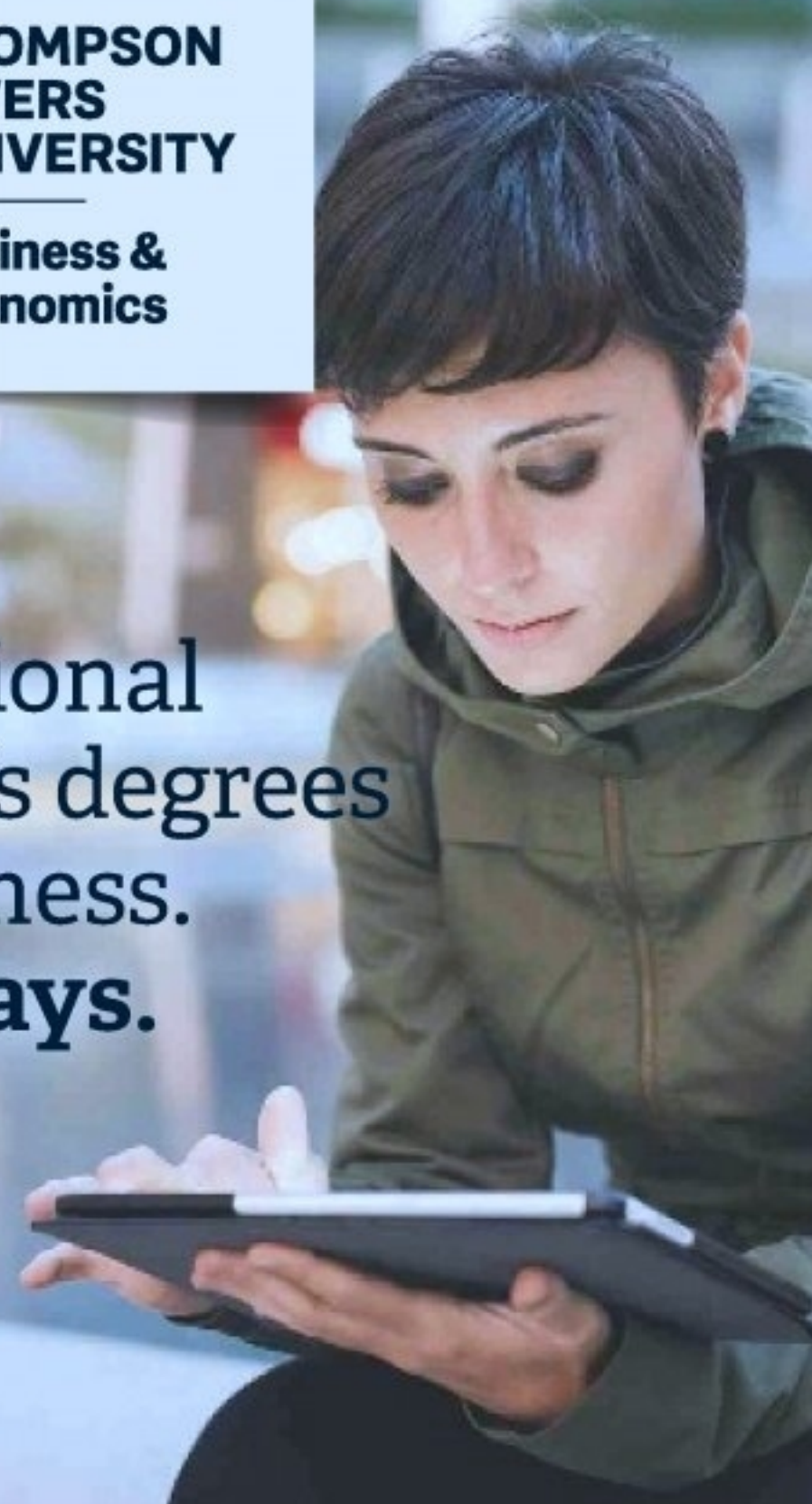
"If you're passionate about making a difference in the field of sustainability management, these programs will give you the tools and knowledge to achieve change from within the system," says Martin.



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Corolla safety features add value



REVIEW

XSE: Safer and sleeker but still not very fun to drive



Jodi Lai
AutoGuide.com

The Toyota Corolla is simultaneously one of the most loved and most hated cars on the market. Millions of people buy Corollas, yet car snobs will go on and on about how boring they are.

Here's the truth: For what it is — a budget compact sedan — the Toyota Corolla is perfectly fine, especially because it has just been refreshed for the 2017 model year.

There are a lot of misconceptions we have to clear up about the 2017 Toyota Corolla.

People will tell you it's garbage because it feels like a cheap car. But while the Corolla can't match a Lexus or even a Honda Civic in terms of swankiness, but it's not as bad as you've heard.

The 2017 Corolla gets a new look that gives the sedan some personality. It doesn't seem as cheap, both inside and out. LED headlights and a backup camera are now standard, but more importantly, so is Toyota's safety technology package.

Where most other cars in this class make you pay extra, the Corolla includes automatic emergency braking with pedestrian detection, lane departure alert with steering assist, adaptive

cruise control and automatic highbeams as standard equipment. That's a huge deal, considering this car starts at \$18,500 in the U.S. and \$16,390 in Canada.

One oddity is that blind spot monitoring is an option on the Corolla, something drivers may find more useful day to day.

Another misconception is that the Corolla is awful to drive, which isn't 100 per cent true either. In the city, the Corolla is actually pretty great. It's easy and fuss-free, it has great sightlines and off-the-line acceleration isn't terrible. The turning radius is nice and tight so parking and completing U-turns is easy.

It's when you take the Corolla on the highway where it becomes a little depressing. The steering gets extra vague and twitchy, but even worse is that the engine is borderline unresponsive when trying to make a pass. The Corolla is powered by a 1.8-liter four-cylinder engine with 140 horsepower and 126 pound-feet of torque — great in the city, but just not very good at high speeds.

As tested, this Corolla comes with heated seats, a push-button start, keyless entry, auto-dimming rearview mirror, an eight-way power driver's seat, leather-like seating, a sunroof and navigation as options.

In terms of value, the Corolla undercuts the Civic on price while still offering more important standard features at base level. Even fully loaded, the pricing isn't out of whack, but topline models start to step on the toes of much better, more complete cars that might offer a better driving experience or feel more luxurious.

THE CHECKLIST | 2017 TOYOTA COROLLA XSE

THE BASICS

Engine: 1.8L four-cylinder
Output: 140 hp, 126 pound-feet of torque
Transmission: CVT
Fuel Economy (L/100 km): 8.3 city, 6.7 hwy, 7.5 combined (CVT)
Price: Starts at \$16,390/\$26,928 as tested



LOVE IT

- Generous standard features and safety equipment
- Affordable
- Roomy

LEAVE IT

- Lackluster driving dynamics on highway

INNOVATION

BraunAbility and Chrysler team up to create wheelchair-accessible Pacifica



Jason Siu
AutoGuide.com

The Chrysler Pacifica is the most spacious wheelchair-accessible vehicle in the industry.

The American automaker teamed up with BraunAbility to design a wheelchair-accessible Pacifica that is making its debut at the 2017 Chicago Auto Show.

The minivan features patent-pending AccessAbility technology, including an aerospace-inspired sliding door extension and the industry's widest side-entry ramp.

Helping expand interior space are rear-axle space innovations and cantilevered seat bases.

And to ensure Chrysler integrity and quality, BraunAbility sources its components through the same suppliers and crash-tests to the highest automotive standards.

The partnership between the

two companies also include co-promotion support for the Give a Dog a Job Program benefiting Canine Companions for Independence.

The wheelchair-accessible Chrysler Pacifica is just the latest in a long-time partnership between the two brands, which began more than 45 years ago.

"Whether it's a veteran, a colleague, friend or a family member, there's a good chance we all know someone with a physical

disability who needs help getting to the places and events that matter most to them," said Tim Kuniskis, head of Passenger Cars, Dodge, SRT, Chrysler and FIAT, FCA North America.

"The all-new Chrysler Pacifica is proving to be a lot of things to a lot of people, and now equipped with the BraunAbility technology, it is also the perfect tool to help our customers gain freedom to stay active in their everyday lives."



The Chrysler Pacifica minivan with AccessAbility technology is just the latest product to stem from Chrysler's 45 year-long partnership with BraunAbility. PHOTO COURTESY BRAUNABILITY

Big reveals at the Chicago Auto Show

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com



PHOTO COURTESY THE CHICAGO AUTO SHOW

LIMITED EDITION

Turning 80 no challenge

Mopar is celebrating its 80th birthday with a limited-edition Dodge Challenger, revealed at the 2017 Chicago Auto Show.

Mopar, Fiat Chrysler Automobile's (FCA) official aftermarket parts arm, puts together limited-edition models every year, but for 2017, the car doubles as a birthday celebration.

Mopar will build just 160 of these cars, 80 of which will be available in Pitch Black/Contusion Blue while the other 80 will come in Pitch Black/Billet Silver. Each car comes with a serialized Mopar '17 edition badge under the hood, while each customer also gets a Mopar '17 owner's kit which includes things like a welcome letter, birth certificate for the car, a Mopar '17 rendering, Mopar valve stem caps and more.

STEPHEN ELMER/AUTOGUIDE.COM

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GETAWAY

Weekend with the new Atlas

Volkswagen of America premiered a new trim package for the Atlas, the Weekend Edition. Inspired by the popular Vanagon and Eurovan Weekender packages from the '80s — which featured a pop-top and closet, but no stove or fridge — the Atlas Weekend Edition is designed to be perfect for a weekend excursion. The trunk is lined with protective plastic and the roof is topped with a pop-up cargo box.

SEBASTIEN BELL/AUTOGUIDE.COM



HANDOUT

OUTDOOR

RAV4 revamped for adventure

Toyota is set to offer a fresh version of its popular RAV4 compact crossover.

The new Adventure trim was just revealed at the Chicago Auto Show. Available in model year 2018, this vehicle is dressed for the great outdoors, featuring larger fender flares, an elevated ride height and a standard trailer-prep package.

You can look for the RAV4 Adventure at Toyota dealerships in September.

CRAIG COLE/AUTOGUIDE.COM



GETTY IMAGES

Style over speed when the roads are snowy

SAFETY

Conquer ice and snow at performance boot camp



Jodi Lai
AutoGuide.com

I've never been a winter person. I've lived in Canada my whole life and never woken up to a frigid, dark and dreary day feeling like I could conquer the world.

Porsche seems to have a cure for people like me who love driving but hate winter: an immersive winter performance driving course. Porsche Camp4 takes a driver's worst winter enemies — snow and ice — and turns them into their best friends.

Held on the purpose-built Mégasis snow track in Quebec, participants are greeted by a stable of new Porsche sports cars and an encouraging group of hosts and skilled instructors. Porsche offers its winter performance school in Finland, China, Switzerland, Italy and Canada in three difficulty levels: Camp4

(precision), Camp4S (performance) and Camp4RS (masters).

I crashed into a snow bank, ate one or two pylons and embarrassed myself in front of colleagues, but it wasn't all in vain. I learned a thing or two in the process! Here are the three most important things drivers will learn at Porsche Camp4:

Winter tires are necessary

If you want to be a better and safer driver year-round, you absolutely need winter tires, even if you have all-wheel drive.

Winter tires give you more grip and more grip gives you more control. All-wheel drive might get you going faster, but it does absolutely nothing to help a car stop or slow down.

The Nokian Hakkapeliitta winter tires we used have 1.5-mm studs, while the tires used in the Camp4RS program have 3-mm studs, which are needed because drivers in the advanced course are let loose in the woods to rally the Porsches in the snow with very little room for error.

The tracks used in the beginner's Camp4 are wide and generous. The worst that can happen is a meeting with a soft snow bank (not to bruise our egos, one instructor called this a love tap).



Porsche hosts its winter performance courses in five countries, including Canada. HANDOUT

Porsches are great teachers

Part of the reason why Porsches are so interesting to drive is because they come in so many configurations, each having unique driving dynamics. We were able to drive mid-engine, rear-wheel-

drive 718 Caymans as well as rear-engined 911s with both rear- and four-wheel drive.

Driving the cars back to back and also with Porsche Stability Management (PSM) traction control on and off really exaggerates

how different cars require different driving techniques.

PSM takes the guess work out of hairy situations, reining in a car when the driver's enthusiasm outweighs their skill. With PSM traction control turned off,

the car relies on the driver fully to know what to do get out an oversteer or understeer situation.

Style Over Speed

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We learned how drifting with a four-wheel-drive sports car is different than drifting with rear-wheel drive. And we also learned the Scandinavian Flick, a move rally drivers use to get around a corner more efficiently.

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An Atlanta zoo has named a cockroach after Patriots quarterback Tom Brady after losing a Super Bowl bet with a Rhode Island zoo

CFL

Lawrence lured back to Edmonton

Kendial Lawrence is back with the Edmonton Eskimos.

The veteran running back/punt returner signed with Edmonton as a free agent Tuesday. He split last season between the Saskatchewan Roughriders and Hamilton Tiger-Cats.

Lawrence began his CFL career with Hamilton in 2013 before spending two seasons (2014-15) with Edmonton, helping the Eskimos win the Grey Cup in 2015.

Lawrence has appeared in 48 regular-season games having



Kendial Lawrence
THE CANADIAN PRESS

returned 175 punts for 1,734 yards and two TDs. He has also rushed for 712 yards with four TDs and racked up 927 receiving yards with five TDs.

The Eskimos also signed defensive back Andrew Lue and fullback Alexandre Dupuis, both Canadian free agents. THE CANADIAN PRESS



NHL HOME WIN Oilers centre Leon Draisaitl scores past Coyotes goalie Louis Domingue at Rogers Place on Tuesday night. Draisaitl and Oscar Klefbom each had a goal and two assists to lead the Oilers to a 5-2 win.

JASON FRANSON/THE CANADIAN PRESS

IN BRIEF

Love out at least six weeks following knee surgery

Kevin Love won't be able to help the Cleveland Cavaliers down the stretch this season.

The all-star forward will miss at least six weeks after undergoing arthroscopic surgery on his left knee Tuesday, a blow to the defending NBA champions.

THE ASSOCIATED PRESS

Former standout Argos receiver dies of cancer

Darrell K. Smith, a former receiver with the Toronto Argonauts, has died of cancer. He was 55.

The four-time CFL all-star remains the Argos' leader in consecutive games with a reception (96) and single-season touchdowns (20).

THE CANADIAN PRESS

Raptors pull trigger on trade for Ibaka

NBA

Ross, draft pick headed to Magic in exchange for power forward

The Toronto Raptors were cartwheeling down the Eastern Conference standings, and a sense of unease had seeped into the dressing room.

But team president Masai Ujiri made a big splash Tuesday by reeling in Serge Ibaka from the Orlando Magic, acquiring a player he's long coveted and filling a void at the power forward position. The Raptors gave up Terrence Ross and a first-round pick in the 2017 draft in exchange for a pivotal big man they hope can catapult them in the right direction.

"He's definitely one of a kind when it comes to rim protection, being able to score in the post, and also space the floor as well," Raptors guard DeMar DeRozan said at the team's morning shootaround in Chicago. "Sucks to see (Terrence) go, but now we've got to make this new adjustment with a great new addition."

The Raptors confirmed the deal late Tuesday afternoon. Ibaka was expected to fly to Toronto on Tuesday evening and, depending on how long his physical takes, could be in uniform Wednesday when the Raptors host Charlotte.

"Some people say parts of his game have changed, he's become a really good shooter," Ujiri said at an evening news conference. "But I've known this guy for years, he's a helluva competitor, he brings playoff experience, he's played in the NBA Finals



Serge Ibaka boxes out Knicks forward Carmelo Anthony on Jan. 2 in New York. ELSA/GETTY IMAGES

before. Everyone knows who Serge is, he's a warrior. Every time he steps on the court he competes."



Terrence Ross
GETTY IMAGES

The move came with the Raptors mired in their worst slump in two seasons. After Tuesday night's loss in Chicago against the Bulls, the Raptors have dropped 11 of their last 15 games to slip from second to fifth in the Eastern Conference standings.

A 102-101 loss to Detroit last Sunday prompted all-star guard Kyle Lowry to say in a funereal post-game dressing room: "Something's got to give, something's got to change."

In Ibaka, a chiselled six-foot-10

power forward, the Raptors get a versatile player who can knock down shots and provide a huge presence in the paint.

"I think he's a great addition to any team and especially to ours where we can add some shot-blocking, some outside shooting, some inside toughness, some athleticism, running up and down the floor," Lowry said in Chicago. "I think he's going to be a guy who can take some pressure off of me and DeMar."

Ibaka, who will become a free agent this summer, is averaging 15.1 points, 6.8 rebounds and 1.6 blocks a game this season.

Ross, who was selected by Toronto with the eighth overall pick in the 2012 draft, is in the first year of a \$31-million US, three-year contract.

THE CANADIAN PRESS

IN CHICAGO

Bulls continue to run roughshod over Raptors

Doug McDermott scored 20 points, all-star Jimmy Butler had 19 points and 12 assists in his return to the lineup, and the Chicago Bulls continued their mastery over the Toronto Raptors in a 105-94 victory on Tuesday night.

The victory was the Bulls' 11th straight over the Raptors.

Kyle Lowry scored 22 points to lead the Raptors, who lost their third straight and fell one-half game behind idle Atlanta for the No. 4 seed in the East.

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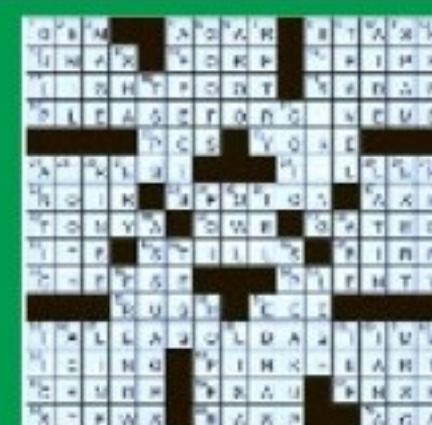
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5	8	9	7	1	4	3	6	2
3	6	1	5	8	2	9	4	7
2	7	5	1	3	6	4	9	8
6	9	3	4	7	8	2	5	1
8	1	4	9	2	5	7	3	6
9	5	6	2	4	7	8	1	3
1	2	8	3	6	9	5	7	4
4	3	7	8	5	1	6	2	9

NHL

Malkin returns as Pens rout Canucks

Evgeni Malkin scored and picked up an assist in his return from a lower-body injury. Sidney Crosby got his 999th career point with an assist and the Pittsburgh Penguins rolled by the Vancouver Canucks 4-0 on Tuesday night.

Phil Kessel, Jake Guentzel and Matt Cullen also scored for the Penguins. Matt Murray stopped 29 shots for his third shutout of the season and fourth of his career.

Pittsburgh broke it open with three third-period goals past goalie Ryan Miller. Crosby fed a streaking Guentzel down the slot 2:27 into the

TUESDAY in Pittsburgh

4 PENGUINS
0 CANUCKS

third to make it 2-0 and pull Crosby within a point of becoming the 86th player in NHL history to reach 1,000 points.

Miller made 38 saves while under siege for most of the night as the Penguins remained unbeaten in regulation since the All-Star break (5-0-2). THE ASSOCIATED PRESS

NHL

Therrien out, Julien in as Habs coach

The Montreal Canadiens fired head coach Michel Therrien on Tuesday and brought back former Boston Bruins bench boss Claude Julien to help rejuvenate their slumping team.

Julien became available when he was fired in his 10th season with the Bruins last week and Canadiens general manager Marc Bergevin was quick to snap him up. It is believed that a handful of other teams were also interested in the 56-year-old coach.

The Canadiens opened the

season with a 13-1-1 mark but have been listless over the last two months and have a 2-6-1 record in their last nine games. There was fear of another collapse like last season, when the club went from first place to out of the playoffs after star goalie Carey Price was injured. Speculation had been build-

“

Today we hired the best available coach, and one of the league's best.

Habs GM Marc Bergevin

ing that Therrien would be let go. He ended up being replaced by Julien for the second time in his career..

THE CANADIAN PRESS

Biagini in dreamland

MLB

Reliever can't believe he's a Jay, success may see him start

Six months after cracking the Blue Jays' major-league roster, Joe Biagini had a dream he was back in spring training as an unknown pitcher trying to prove himself. He still has trouble believing his 2016 success even now.

"You spend 15, almost 20 years dreaming about this and you get in a habit of thinking about making it (the majors)," Biagini said Tuesday at the team's spring training clubhouse. "I kept thinking throughout the year, 'Oh it'll sink in, it'll sink in' and it wasn't really sinking in."

"In August I had a dream that I was trying to make the team. I woke up and I saw the interior of my apartment in Toronto and I had to take a second and realize, 'OK I did make the team.'"

The 26-year-old right-hander, picked up by the Blue Jays in the Rule 5 draft before last season, became one of manager John Gibbons's most steady options out of the bullpen.

He threw 67-2/3 innings, striking out 62 batters and allowing just three home runs all year, then followed that up with 7-1/3 scoreless post-season innings.

It's because of that success, however, that Biagini's role with the team has become uncertain. With Toronto in need of starting rotation depth, the organization has plans to stretch Biagini out



Joe Biagini walks back to the clubhouse after arriving in Dunedin, Fla., to begin spring training on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

over the course of the spring.

As Biagini described it, he's insurance "in case something crazy happens or doesn't go right or if there's some sort of spot that opens up."

"I'm going to be prepared as a possible option but there's no guarantee on that," he said.

"I think they're stretching me out early in camp, kind of just maintaining that and then preparing me to expect to go into the bullpen or also start if something happens where I need to do that."

Biagini worked primarily as a starter throughout his minor-league career with the San Francisco Giants before joining Toronto. He was 29-30 with a 4.06 earned-run average through 89 games — all but three of them starts — over four seasons.

Stretching Biagini out could mean sending him to triple-A Buffalo to get reps in a rotation

once the season begins. Biagini said he and Atkins had discussed that possibility.

"I'm OK with doing whatever they want me to do," Biagini said. "I don't know if (going

to triple-A) is going to be an extremely likely option but it can be, there's just no way of knowing. They said there were some unique scenarios where that could possibly happen for a period.

"In doing that, if it could help the team win I'm not going to make a big issue about it."

Marco Estrada, who missed

a handful of starts with a back injury last year, believes Biagini has what it takes to be an effective starter.

"Oh God yeah, he can definitely start," Estrada said. "He's a huge asset to this team. What he did for us last year was incredible. To be a Rule 5 guy, nobody knew who he was, next thing you know he's one of our best relievers."

"He's definitely got the stuff to start. He can probably be a really good starter and the only way of knowing is to throw him out there and letting him do it." THE CANADIAN PRESS

\$3.4M

Toronto's Marcus Stroman won his salary arbitration case Tuesday. Stroman got a boost from \$525,900 to \$3.4 million rather than Toronto's \$3.1 million figure.



THE CANADIAN PRESS

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- 4 salmon filets
- 12 new potatoes
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- salt and pepper
- big squeeze of lemon juice

Directions

1. Preheat oven to 375 degrees.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

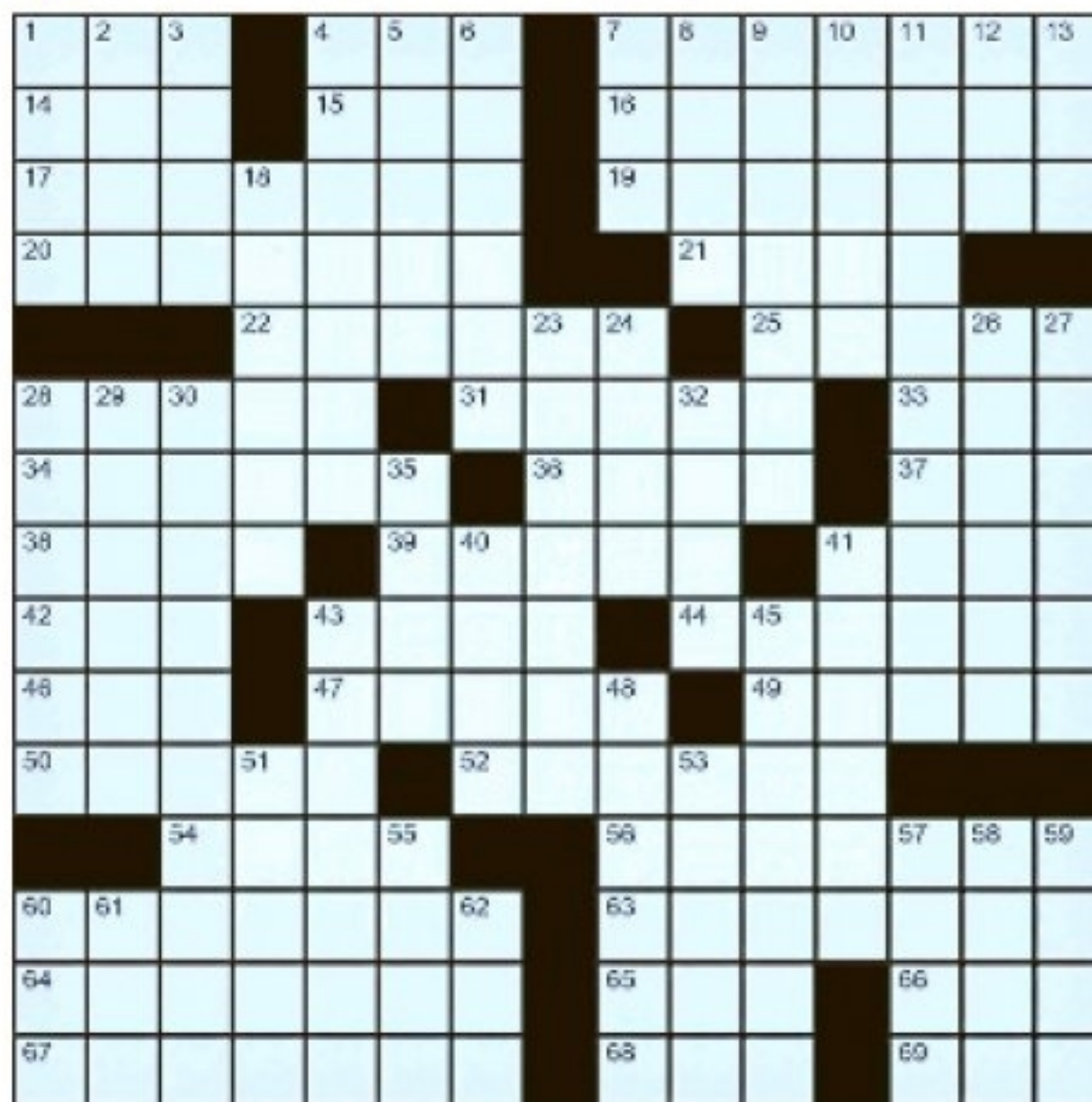
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BY KELLY ANN BUCHANAN

ACROSS

1. "___ and Away" (1992)
4. Mouth, informally
7. Type of landscape feature in Wapusk National Park, in Manitoba: 2 wds.
14. Green
15. "Bravol"
16. Hors d'oeuvres tray's ritzy roes
17. Norah Jones' musician father, Ravi ___
19. Fruit loaf of Germany
20. Gown and cap wearers
21. Perfected
22. Comedians
25. TV network VIPs
28. Dog: French
31. Buddhist who has attained Nirvana
33. Quebec turn-down
34. Who Achilles killed in the Trojan War
36. Mr. Brynner's
37. Roxy Music's Brian
38. 'Mars'-meaning prefix
39. Actor Mr. Davis
41. Flintstones pet
42. Mythical bird
43. Chimney stuff
44. Beer keg 'faucet'
46. Ms. Carrere
47. "Wicked Game" singer Chris
49. Niners - Eighters = ___
50. Theater curtain fabric
52. Furniture polish
54. Rock guitarist Steve's
56. Followers of



- The Way
60. Test tube room, fun-style: 2 wds.
63. Bauble
64. Barbary pirate
65. Ms. Ronstadt, for short
66. Singer Janis
67. Skiing venues
68. HS subject

69. Texter's polite abbr.
DOWN
1. Admit, ___ up
2. Patient's pain
3. Horse coat
4. Title lady in a Barenaked Ladies

- song: 2 wds.
5. ___ clock
6. "Prince of ___: The Sands of Time" (2010)
7. "Sussudio" singer ...his initials-sharers
8. "I could ___ horse I'm so hungry!"
9. Shorebirds with

- stilt-like legs
10. Bathroom cleaning brand
11. Ottawa-Gatineau's annual festival Winterlude as it is known in French: 3 mots
12. Iron ___
13. American cable channel

18. Kind with: 2 wds.
23. Where to see the works of art at #30-Down: ___ Garden, at Ottawa's Confederation Park
24. Feng ___
26. Sarah ___ "The Terminator" (1984) character
27. Snobs
28. Business meeting graphics
29. Courageous
30. They have created fantastically frigid sculptures at #11-Down: 2 wds.
32. Pub beverages
35. Aussie hoppers
40. Sudsy stuff
41. Have your meal at home: 2 wds.
43. Resembling
45. Travelling via a bouncy retro stick
48. Tea maker's need
51. Retort to "You are not!": 3 wds.
53. "Beyond the Sea" singer Bobby
55. "Who knows?" = "Qui ___?", en francais
57. Bypass
58. Blue/green
59. RR depots
60. "Proud Mary" gr.
61. Tilling tool
62. Loni Anderson's famous ex ...his initials-sharers

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an upbeat day to deal with members of the general public. It's also a good day to enjoy the company of partners and close friends.

Taurus April 21 - May 21
Co-workers will be supportive of you today, because everyone is in a good mood. Work-related travel is likely.

Gemini May 22 - June 21
This is a fun day for sports events, playful activities with children, the arts, social occasions and romance. Whatever you do will expand your day in a fulfilled way.

Cancer June 22 - July 23
The earlier part of this day is excellent for real-estate deals. This also is a wonderful time to entertain at home. Invite the gang over.

Leo July 24 - Aug. 23
This is a positive day for those who are in sales, marketing, writing, teaching or acting, because you really are on your game! All Leos feel upbeat and positive.

Virgo Aug. 24 - Sept. 23
This is a good day for business and commerce because you're not afraid to think big. A positive attitude with great expectations almost always will yield good results.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, lined up with lucky Jupiter. This makes you generous and sympathetic to others. You feel optimistic and willing to help wherever you can.

Scorpio Oct. 24 - Nov. 22
You might put your needs second today to help someone who is in dire straits. You will do this because it feels rewarding to do the right thing.

Sagittarius Nov. 23 - Dec. 21
You'll enjoy hanging out with others today, especially in clubs, teams and classes. There's a strong sense of camaraderie with others, especially if you are working for a common goal.

Capricorn Dec. 22 - Jan. 20
Your enthusiasm for something will impress bosses, parents and VIPs today. They see your positive attitude as an asset, and they are willing to bet on you.

Aquarius Jan. 21 - Feb. 19
This is a good day to make travel plans because you are enthusiastic about what is possible. You're not afraid to think big and reach for the impossible.

Pisces Feb. 20 - March 20
You can benefit from the wealth and resources of others today, which is why gifts, goodies and favours will come your way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			5	1				
			8		3	2		
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1					8			7
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